

Brookside HurricaneS’

Parent Information

**POOL RULES**

* Brookside Swim Team Members and families must abide by the current HOA of Brookside Pool Operational Procedures and Rules at all times. The Brookside Pool Rules are posted on the bulletin board in the Riley Road clubhouse, and available online on the team site under Documents.
* The wading pool and enclosed deck area may not be used by anyone during Brookside Hurricanes swim practices.
* Only coaches may use the horseshoe (shallow) area of the main pool during swim team practices, and only for instructional purposes.
* With the exception of event numbers, BODY PAINT, HAIR PAINT and WRITING of any kind are not permitted on swimmers during swim meets or practices. Swimmers may not be allowed to swim if they are in violation of this rule.
* Horseplay or congregating in the bathrooms is strictly prohibited during practices and meets.
* Horseplay in the pool and running on the pool deck is strictly prohibited.
* The playground and all-purpose court (basketball, hopscotch, etc.) may be used by swim team members, but only under adult supervision. Swim team parents are responsible for their children at all times while using the Brookside facilities and amenities. The cost of damage repairs resulting from the misuse of Brookside amenities and property will be billed to the responsible parties.
* Please clean up after yourself and your children. If you or your children use or move pool furniture, you are responsible for placing it back to its original position. All trash and recycling is to be placed in recycle or trash containers, as appropriate.
* No one other than lifeguards or authorized individuals are allowed in the lifeguard room or kitchen.
* Should the pool be closed for inclement weather, please follow all lifeguard instructions and move to a safe place, either in your car or in the clubhouse. The general rule is the pool will remain closed for at least 45 minutes after the last evidence of lightening or thunder, however reopening the pool is at the sole discretion of the lifeguard on duty.

Your cooperation with and respect for all HOA of Brookside rules is appreciated. Failure to comply with the pool or amenities’ rules can result in suspension or removal from the swim team without refund.

**PRACTICES**

* The practice schedule is located on teambrookside.com, under the PRACTICE SCHEDULE tab.
* Swimmers may come to as many practices *within their scheduled age group time*.
* You may choose to swim at *both* the morning and evening practices.
* You do *not* need to let the coaches know if a swimmer will not be at a certain practice. However, please let the coaches know if your swimmer will be out for an extended amount of time (more than a day).
* Swimmers must attend a total of **2 practices** during the week in order to qualify for the “A” relay team at the meet. This policy will be in effect unless a **valid excuse** is provided, as determined by the Board of Directors.

**MEET SIGN-UP**

* Each Sunday, an email will go out to parents with a reminder to declare their swimmers’ intentions for the upcoming Saturday meet. Swimmer declaration, or sign-up, is conducted using the team site [www.teambrookside.com](http://www.teambrookside.com), and should be completed by ***9:00pm Wednesday evening prior to the meet***. This process is repeated weekly for all regular season meets. For the final meet of the season, which is a three-team Divisional meet, the coaching staff will declare all swimmers.
* If you are NOT planning to attend a meet, you are still required to visit the team site and state your intentions. Follow the directions for sign-up, but instead choose, “No, thanks, [swimmer] will NOT attend this event.” You may indicate in the “Notes” section the reason for the swimmer’s absence.
* The “Notes” section should be used to indicate special instructions for the upcoming meet, such as if your swimmer must leave the meet early or other conditional factors related to the meet.
* While each swimmer is permitted to choose his/her events at each regular season meet, the coaches reserve the right to alter a swimmer’s events.

**HOME MEET SET-UP**

Home meet set up begins at 8:00pm on the Friday preceding the meet. Please do not plan to come earlier to set up. Families may set up their tents only after all meet set up tasks are completed. Family tents set up prior to the conclusion of meet set up will be taken down. If you plan to set up a family tent, please also plan to help with meet set-up.

Brookside families are permitted to place tents near the shallow end of the pool, on the grassy areas by the playground, and any space outside the fence to the right of the clubhouse up to the multipurpose courts.  The multipurpose courts are reserved for the visiting team.

The left side of the pavilion will be reserved for result entry/verification, ribbons and official meet business.

The far side of the pool is designated for coaches and meet officials only; spectators will not be allowed at the left end or far side of the pool. An updated diagram of the pool configuration and team area layout is located on the team website under Visitor Info.

**PARKING AT HOME MEETS**

Parking is permitted in the parking lot, along both sides of Brookside Parkway and in the Auburn Middle School Parking lot. Parking is NOT permitted on any portion of Riley Road. The sheriff does patrol these parking restrictions on days of meets; cars in violation will be ticketed and possibly towed.

**@ the MEETS**

Below is the timeline of events for each meet. Please note that warm-up time depends on whether the meet is home or away. Please also remember that failure to participate in warm-ups will result in your swimmer being removed from relay teams. Warm-ups are an important part of the meet experience and will give swimmers the opportunity to get in the water and get familiar with the pool prior to their first event. If you are running late, get lost, or your swimmer becomes sick the morning of the meet, please email admin@teambrookside.com or let another family know so that the coaches can be informed.

Swimmers, upon arrival at the meet, are to check in with team volunteers to have their Event Numbers written on their hand. These volunteers are generally gathered in our team area and call out swimmers by age group.

All swimmers are asked to check in with the coaches before and after each of their events. Please direct your swimmer to check in with the coaches at the coaches’ tent located along the side of the pool. Parents – please refrain from visiting the coaches’ tent during the meet.

***SCHEDULE of EVENTS at MEETS***

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| --- | --- |
| AWAY Meets Timeline | HOME Meet Timeline |
| 6:00am Arrive and set up team area | 5:50am Arrive and check in with Clerk of Course |
| 6:10-6:20am Check in with Clerk of Course | 6:10am Warm ups begin |
| 6:30-6:50am Warm ups | 6:35-6:45am Team cheer |
| 6:50am Relay assembly | 6:50am Relay assembly |
| 7:00am Meet begins | 7:00am Meet begins |

**RELAY TEAMS**

* The relays are arranged by the coaches using swimmers top times, and by taking into account other factors, such as swimmer attendance, opponents top times and the individual events of each swimmer. The coaches arrange the relays for the benefit of the team as well as the swimmers. Many team points can be earned in relay events, which can prove to be the difference between a team win or loss.
* Relay lineups will be announced using the relay boards, but are subject to change up to the actual event. Every attempt will be made to have the relay boards available during the Thursday evening and Friday morning practice. The relay boards will be displayed at all meets in our team area.
* If your swimmer(s) are placed on a relay, and you later determine you will not be at the meet or must leave early, please let a coach know as soon as possible so that alternate arrangements can be made for the relay team.

**PARENT INVOLVEMENT**

* Parent volunteers are **critical** to the success of the team, both during the week and at home and away meets. There are over 90 volunteer positions at each meet. In order to ensure we provide enough volunteers for both home and away meets, **at least one parent will be required to volunteer at each meet their swimmer attends**. A list of volunteer positions and descriptions are available on the team website under Documents.
* Parents sign-up for their desired volunteer position online by choosing, “Job Signup” and clicking on the position they will volunteer for at the meet.
* On the day of the meet, please check in with Volunteer Coordinator Karen Webb once you arrive at the pool to obtain your volunteer assignment.

**TEAM CONTACTS**

**COACHING STAFF**

* Head Coach Dalton Regenbogen
* Head Coach Zach Webb

**BOARD of DIRECTORS**

* Ross Malinow, President: (703) 517-2667, admin@teambrookside.com
* Lisa Kerrigan, Board Member: kerriganpt@yahoo.com
* Heather Pechin, pechins5@verizon.net
* Karen Webb

**MEET CHECK LIST**

Most teams will sell concessions, although selections vary by location. It is best to pack a few healthy snacks for your swimmer. Also remember that while it often warms up quickly in the morning, swimmers can feel cold after coming out of the water – even if it is 70-80 degrees outside. Be sure to pack warm clothing or a blanket to keep your swimmer warm between events.

* Directions to the pool, address for GPS
* Heat Sheet – know whether you need to print one or they will be sold at the host pool (BHST does not sell heat sheets; they will be emailed to families on the Friday before the meet.).
* Towels –several, as wet towels do not dry quickly in the morning (especially if there is no sun)
* Blanket – once your swimmer dries off, s/he may want to wrap in a warm blanket.
* Extra outfit – dry clothes for the ride home.
* Tent
* Chairs
* Sunscreen
* Water – lots of it; swimmers need to stay hydrated
* Snacks – fruits, nuts, granola, pasta
* Small bills for concession purchases
* Goggles – an extra pair is always a good idea
* Cap – swimmers are to wear a team cap.
* Swim suit
* Deck of cards, games, books – to enjoy between events. (To get the most out of the team experience, encourage your swimmers to refrain from electronics, choosing instead to rest, refuel, socialize and/or cheer on teammates.)